

Mackey, Helen, Omemee, Ont.
 Maclean, Anna, 170 Henry St., Halifax, N.S.
 Mann, Clarice, Parry Sound, Ont.
 Mark, Jean, 23 Chestnut St., Toronto, Ont.
 Mews, Florence, 1 Park Row, Rennie's Mill Road, St. John's, Nfld.

JUNIORS

Axworthy, Audrey, 71 Sherwood Ave., Toronto, Ont.
 Bell, Florence, 71 Indian Road Crescent, Toronto, Ont.
 Butler, Gladys, 769 Pellissier St., Windsor, Ont.
 Cheatwood, Jewel, 45 Roncesvalles Ave., Toronto, Ont.
 Crawford, Edith, Forest Road, St. John's, Nfld.
 Crowe, Barbara, 9 Ardmay Crescent, Guelph, Ont.
 Gordon, Mollie, Dixie, Ont.
 Gorman, Laurence, Renfrew, Ont.
 Henry, Margaret, 369 Spadina Road, Toronto, Ont.
 Irwin, Isabel, 262 St. George St., Toronto, Ont.
 Jewkes, Helen, Springhill, N.S.
 Johnston, Florence, 55 Humber Trail Blvd., Toronto, Ont.
 Lawlor, Doris, Hawkesbury, Ont.
 McCammon, Elsbeth, 28 Eastbourne Ave., Toronto, Ont.
 McKay, Marion, 2150 Osler St., Regina, Sask.
 McMahon, Jane, 352 Walmer Road Hill, Toronto, Ont.
 Meade, Catherine, 39 Indian Trail, Toronto, Ont.
 Nicholson, Margaret, 516 23rd St. East, Saskatoon, Sask.
 O'Neill, Dorothy, 72 Indian Road Crescent, Toronto, Ont.
 Oxner, Catharine, Lunenburg, N.S.
 Patterson, Helen, 51 Dorval Road, Toronto, Ont.
 Peart, Mabel, 2062 Cornwall St., Regina, Sask.
 Scythes, Marion, 229 Indian Road, Toronto, Ont.
 Stevens, Ethel, 117 Melrose Ave., Toronto, Ont.
 Tuck, Madeleine, 604 Bathurst St., Toronto, Ont.
 Williams, Bernice, 2356 Scarth St., Regina, Sask.
 Wolsey, Vivienne, 25 Lowther Ave., Toronto, Ont.

The Margaret Eaton School

**A TWO-YEAR NORMAL COURSE
IN PHYSICAL EDUCATION**



Calendar 1930-1931



BASKETBALL TEAM, 1929-'30.

The Margaret Eaton School

Mary G. Hamilton, Director

Faculty, 1930-1931

LAURA CUYLE GEDDES, Graduate of the Sargent School for Physical Education, Cambridge, Mass.

CHARLOTTE A. KAULBACH, Graduate of Bedford Physical College, England.

LILABEL I. SLOAT, B.A., Graduate of Chicago Normal School of Physical Education.

LESLEY M. URWICK, Graduate of Chelsea College of Physical Education, London, England.

CHARLOTTE H. LAYTON, B.A., Secretary.

Calendar 1930-1931

First Term	- - -	September 4th to November 23rd
Second Term	- - -	November 24th to March 1st
Third Term	- - - - -	March 2nd to May 28th
Camp Tanamakoon, September 4th to October 3rd		
Christmas Vacation, December 18th to January 6th		
Easter Vacation	- - -	April 1st to April 8th

The School

Buildings and Location

CITY LOCATION:

The Margaret Eaton School is situated at the corner of Yonge and McGill Streets. In this building there is adequate class-room accommodation, a thoroughly equipped gymnasium, and a swimming tank, with modern filtration plant.

Residential accommodation assures to out-of-town students comfortable quarters and wholesome food during their years of study. Details of prices and regulations will be sent on application.

THE SEPTEMBER CAMP

The classes will commence their regular course of instruction at Camp Tanamakoon on September 4th. This plan of opening the season with a month's training under camp conditions presents many attractive features.

Camp Tanamakoon is beautifully situated on White Lake, Algonquin Park, about two miles from Highland Inn and the Park headquarters. The main building of the Camp consists of a large recreation room with fireplace, a screened-in dining-room, and a kitchen. Cabins along the Lake shore provide the campers' sleeping quarters.

A well-sheltered bay offers ideal conditions for swimming and canoe instruction; a level clearing behind the Camp gives ample space for games and athletics, and the network of lakes in the Park makes possible innumerable canoe trips.

The Normal Course

The Diploma Course in Physical Education demands junior matriculation or its equivalent. This course aims to make its graduates competent to organize and take charge of every branch of physical training for girls.

The Practical Subjects of the course include Gymnastics on Swedish and American principles, Remedial Gymnastics, Practice Teaching, Folk and Aesthetic Dancing, Fencing, Swimming, Life-saving, Canoeing, Archery, Track and Field Athletics, Indoor and Outdoor Games, including Ground-hockey, Ice-hockey, Basketball, Baseball and Tennis; also Voice Training and Public Speaking.

The Theoretical Subjects of the course include Anatomy, Physiology, Hygiene, Anthropometry, Theory of Gymnastics, Theory of Games, Applied Anatomy, Physiology and Psychology of Exercise, Methods of Teaching, First Aid and Home-Nursing, Psychology and Literature.

In September, at Camp Tanamakoon, special attention is paid to the outdoor work, and week-end canoe trips are taken under the supervision of experienced guides.

Subjects of Study in Detail

THEORY

History of Physical Education—This course covers a brief survey of the field of Physical Education from ancient to modern times.

Anatomy—This course includes study of the muscles, bones, joints, and of the various tissues; also of the nervous system, the vascular system, and the viscera.

Physiology—A study is made of the interrelation of various bodily functions. This course forms the basis of the work of Hygiene.

Hygiene—The object of this course is threefold:—First, to give the student a scientific and practical knowledge of the means of maintaining health, for which purpose the general principles of hygienic living are studied, including the effect of air, food, sleep and bathing; second, to acquaint the prospective teacher with the principles of Hygiene in the choice of site, construction, and administration of rural and city schools, such topics being discussed as seating, ventilation, lighting, toilets, drinking fountains, etc.; and last, to enable teachers to give instruction in Public Schools regarding health habits.

Anthropometry—Anthropometry treats of the theory of measurements of the human body; the work includes the taking of physical measurements, and the testing for normal eyesight and hearing.

Applied Anatomy—A study is made of the fundamental gymnastic movements and positions. The action of joints and muscles is studied in the natural movements of daily life, and in organized activities.

Remedial Gymnastics and Massage—Instruction is given in the causes and recognition of scoliosis, weak feet, and faulty posture, such as round shoulders, flat chest,

forward head, round back, etc. The practical course in massage considers the technique, methods, and means of applying this treatment.

A postural clinic is held twice a week which the Seniors attend in divisions. Programmes of exercises are prepared to meet individual needs, and the treatments are given by the students, under supervision.

Methods in Physical Education—This course has three objectives, namely, to discuss the history and principles of the so-called "Systems" of gymnastics; to study the character, selection and arrangement of gymnastic exercises and activities; and to study programmes and rules governing Field Days and Athletic Meets, Summer Camp routine, and standard physical tests.

Theory and Practice of Games—This course includes a study of child psychology and the various Theories of Play, to aid the student in determining games suitable for all ages. The practical material presented includes games ranging from singing games to those more highly organized; all are discussed and classified according to their value for different age groups.

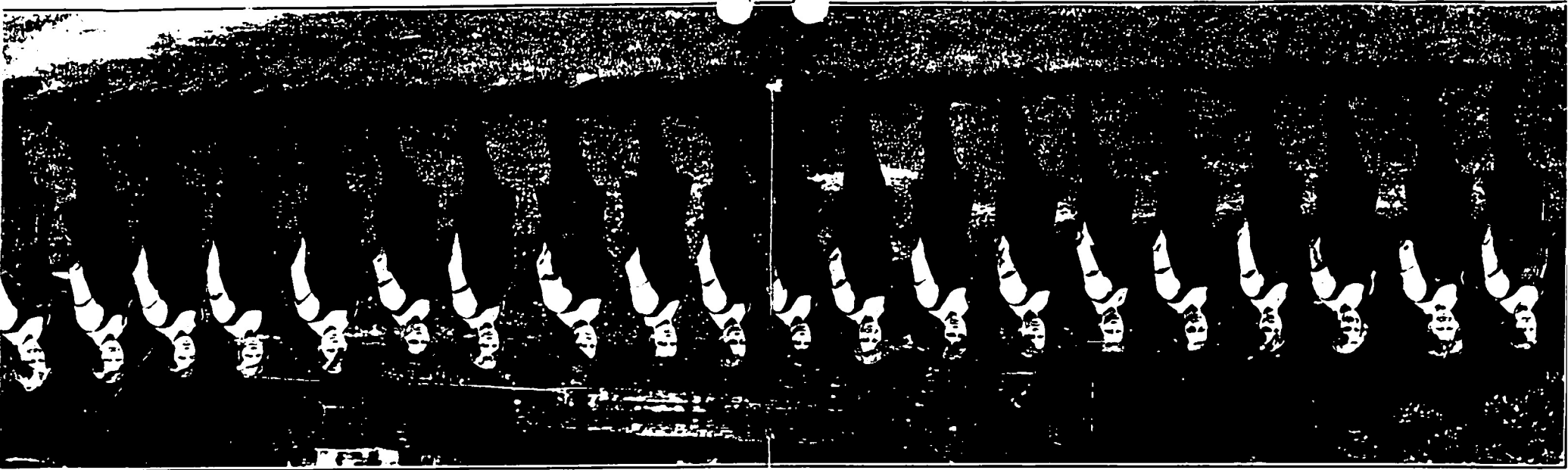
First Aid and Home Nursing—A complete course of instruction is given in quick and efficient treatment in cases of accident, in the prevention of illness, and in the care of the sick in the home. It leads, upon examination, to the certificates of First Aid and Home Nursing of the St. John's Ambulance Association.

PRACTICE

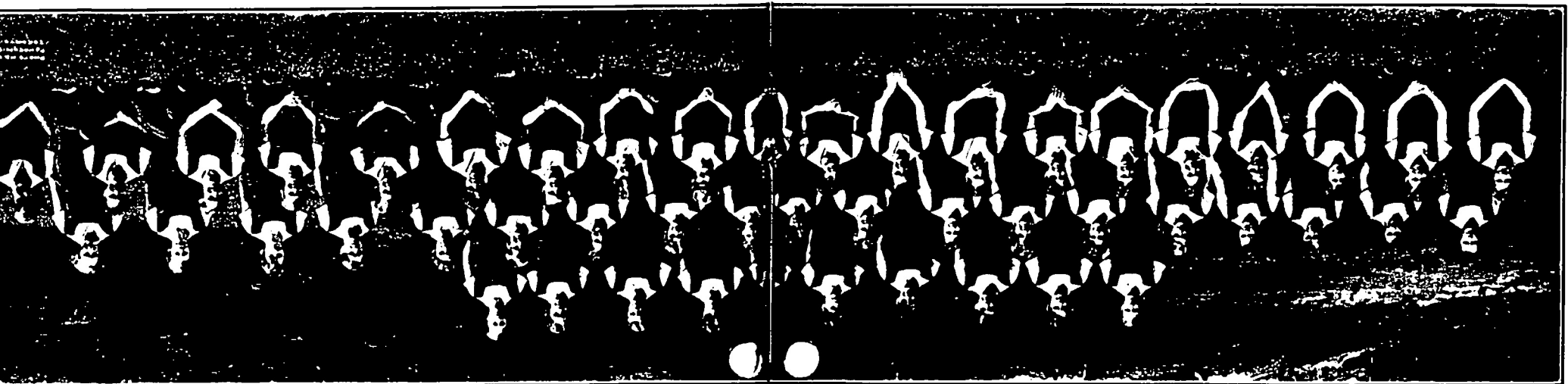
Practice—The Department devotes sufficient time to the practical side of the work, to give the student a working knowledge of all the practical subjects included in the curriculum. (See page 5).

Practice Teaching—In addition to the regular periods of practice teaching, the students of the Senior year take charge, under supervision, of classes in the public schools.

GRADUATING CLASS, 1930.



PHYSICAL EDUCATION STUDENTS, 1929-'30.





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